

INAPPROPRIATELY DILUTED FORMULA

(411H)

PARTICIPANT TYPE.....INFANTS
HIGH RISK.....No

RISK DESCRIPTION:

Routinely feeding inappropriately diluted formula including:

- Failure to follow manufacturer's dilution instructions (includes stretching formula for household economic reasons).
- Failure to follow specific instructions accompanying a prescription.

ASK ABOUT:

- Access to equipment and utensils necessary to prepare and dilute formula correctly
- Caregiver's understanding of the manufacturer's directions or the infant's specific formula prescription
- Caregiver's reasoning or rationale for diluting formula differently than recommended by the manufacturer or the infant's specific prescription
- Food security and resources to purchase enough formula

NUTRITION COUNSELING/EDUCATION TOPICS:

- Review formula mixing instructions.
- If the infant's primary care provider prescribed alternate mixing instructions, verify instructions and caregiver's understanding.
- Verify that parent is using the proper scoop for powdered formula. Powdered formulas vary in density so the manufacturer's scoops are specific to each formula to assure correct dilution.
- Formula must be properly diluted to supply the correct balance of nutrients for infants and maintain proper growth and development.
- Adding too much water (overdilution) can cause water intoxication, irritability, coma, inadequate nutrient intake, failure to thrive and poor growth.
- Adding too little water (underdilution) can cause kidney stress, hypernatremia (excess levels of sodium in the blood), tetany (muscle contractions and muscle spasms), obesity, dehydration, and metabolic acidosis.
- Many formula-fed babies need more formula than WIC can provide at around 6 months of age. Remind the parent/caregiver that SNAP (Food Stamps) can be used to purchase infant formula.

Revised March 2011

Developed October 2007 by the Iowa WIC Program

POSSIBLE REFERRALS:

- If there is insufficient food or insufficient resources for food, refer the parent/caregiver to other food assistance programs including SNAP (Food Stamps), food pantries, and food banks.
- If the infant is a supplemented breastfed infant and receiving less than a full formula package, adjust the food package to better meet the infant's needs.
- If the parent/caregiver lacks the skills and ability to appropriately mix formula, document the situation in the care plan and issue ready-to-feed formula.